

MUSKWA JOURNAL September 2019

GREETINGS FROM ADMINISTRATION

Hello to everyone, it is already back to school, seems like yesterday we were telling the children and members who are in school to have a fun and relaxing 2 months off to enjoy the sun.

COMPLIMENTS

Congratulations to the members we have that are returning to school and one starting their Post Secondary studies. We wish you all the best of luck and success on your path and don't give up no matter how difficult it seems. It will get easier as the days go by.

HOUSING INFORMATION

We have started our second phase of the renovations. We had informed the insurance company about the damages the hail did to our units so the insurance adjuster will be coming on Tuesday September 3rd to do an assessment of the damages to the buildings.

HOUSKEEPING ITEMS

There have been bears coming close to our buildings and when we phoned the Fish and Wildlife they informed us to just shoot them, however we need to be careful if we decide to do this.



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BIRTHDAY GREETINGS

AUGUST 28

**HAPPY BELATED BIRTHDAY
RAVEN**

**Birthday wishes
Love Mom, sisters and Easton**

AUGUST 20

**HAPPY BELATED BIRTHDAY
SHAKYRA**

**Birthday wishes
Love Mom, sisters and Easton**



HAPPY BIRTHDAY

**Birthday greetings to all
the September people cele-
brating a birthday this
month**

Dianne Halcrow

Sept 11

**HAPPY BIRTHDAY SON
Love Mom**



Kapawe'no First Nation

NOTICE

CHILDCARE WORKERS NEEDED

Our daycare facility is looking for caring compassionate childcare workers for part time and or on-call who have experience caring for Children age 12 months to 5 years old. We are committed to providing top quality care and education for the children who are enrolled in our program. Our goal is to enhance the lives of every child that attends our facility.

SKILLS AND REQUIREMENTS

- Have certification as a Level 1, 2 or 3 worker
- Experience working in a daycare setting
- Vulnerable Sector Check (will not accept document older than 6 months)
- Intervention Services Check (will not accept document older than 6 months)
- Resume
- Two references

All documentation will need to be handed in all at once

This position would be on-call basis and could lead to a full-time position

Apply to Daycare Director – Janice Chalifoux

daycare@kapaweno.ca

Box 10, Grouard, AB T0G 1C0

Fax 780-751-3779

Or drop off at Daycare or Band Office



JOB OPPORTUNITY
Kapawe'no First Nation Consultation Office
Administrative Support Level 2

POSITION: Administrative Support (Level 2)

SUPERVISOR: ICRCC First Nation Liaison

CLASSIFICATION: Full time (immediately– March 31, 2020)

COMPENSATION RANGE: Varies-minimum \$15.00-25.00/hour

(Contingent upon Education, Experience, Skills and Abilities or as determined by the FN)

SUMMARY OF DUTIES:

Responsible to the ICRCC FN Liaison, acts in a supportive role facilitating meaningful consultation for the ICRCC Member First Nation of Kapawe'no. The admin support will perform technical duties, such as manage the referral tracking system, assisting Liaison with technical review of proposed oil and gas projects; proposed forestry plans, government initiatives, etc. More specifically, the admin support summary of duties will be followed as outlined in the Job Description that is attached to the contract.

MINIMUM QUALIFICATIONS REQUIRED FOR THIS POSITION:

Education:

- Grade 12 or higher.
- Knowledge and extensive experience with Microsoft Office applications.

Experience, Knowledge and Skills:

- Ability to work within a team environment as well as unsupervised.
- Demonstrate punctual qualities, professionalism, and a positive attitude.
- Demonstrated experience in organizing, coordinating and managing projects related to political, economic, cultural and environmental issues related to First Nation traditional land and resource use.
- Demonstrated experience and skills in professional communication and presentation techniques.
- Demonstrated experience and proficient computer skills with Microsoft Office, data entry, emails, etc.
- Experienced in working with First Nation, Government and Industry representatives.
- Knowledge of Treaty 8 and Aboriginal issues and history.
- Knowledge of local Cree First Nation culture and protocols as they pertain to land and resource use.


Additional Requirements:

- The incumbent will possess a valid Alberta Driver's License and will be able and willing to travel within the Traditional Territory Treaty No. 8, and other destinations when/if required.
- The incumbent will be willing and able to work after hours and/or on weekends when required.

Please submit resumes either in person at: Kapawe'no First Nation Consultation Office
via mail: Kapawe'no First Nation Consultation Office
P.O. Box 10
Grouard, AB T0G 1C0
via email: michelleknibb@gmail.com

For questions contact Michelle Knibb at 780-751-3714 or 780-523-6366

CLOSING DATE: **September 13, 2019**



Hello my name is George Halcrow, I am the NNADAP worker for the Kapawe'no Health Centre. I look forward to working with our members.

I would like to take this time to ask the members to come to my office to talk about the different kinds of programs that the community would like to see being developed, or offered through the NNADAP program. If you prefer I can also come to your house, to talk to you.

My office will be open from 8:30am to 4:30pm Monday to Friday, closed on scheduled holidays. Also, you can call 780-751-2284 if you have any questions.

Once again, I look forward to working with our members.

MEDICAL TRANSPORTATION

When utilizing the Medical Transportation Services, Edmonton referral needs the following requirements before we can make any necessary arrangements:

- For out of town specialist appointment, you need to submit a copy of the referral letter.
- The referral letter must state the doctor who referred you and it must also include the date, time, and location of the appointment.
- Confirmation of the appointment is also a requirement.
- If you require an escort, it needs to state why you require the escort
- When having information faxed to the Health Centre it is the clients' responsibility to call to ensure it has been received and inform the medical transportation coordinator how you plan to attend the appoint. Eg: medical van or private mileage
- There is **NO GUARENTEE** that paperwork has been processed if you do not phone the health centre 24 hours **BEFORE** your appointment to confirm that papers was received
- all medical appointment papers and confirmations need to be brought to the health centre
- you take a risk of arrangements not being made by leaving them at the band office

The following information is taken from Health Canadas regulations NIHB 101 SECTION:

NO SHOW/NO LOADS – CANCELLATIONS

NO LOAD FOR PICKUP/NO SHOW AT APPOINTMENT

If the medical van driver was dispatched to pickup client it is considered as services provided

- The client is not where they were supposed to be and are at another location, leaving the driver to wait, they are considered no load.
- The client came out and stated they do not need a ride and going on their own, they are considered no load
- The client chooses to go on their own, they are not reimbursed with gas support, but the medical van was available they are considered no load
- The client came out and stated they rescheduled the appointment an hour ago, they are considered no load

MEDICAL VANS TRIPS NOTES NO SHOW/NO LOADS – CANCELLATIONS

- When a no show/no load occurs, it must be noted that community services were allocated on behalf of the client. The drivers time/salary was used, MT Van gas was used, a seat was booked for this client and those resources have not been utilized properly
- With the client cancelling last minute, or, not being at their destination of pickup, it must be noted that another client could've used the seat and that resources have not been utilized properly
- When a no show/no load appointment occurs, it is reported to MTS and entered in their computer system and no future appointments can be made until the no show status is removed. In order to have the no show status removed the client **MUST** do a make-up appointment at their own expense

KAPAWE'NO CONSULTATION OFFICE

KAPAWE'NO FIRST NATION



Special points of interest:

- Camp Update
- Operations update
- Job opportunity

CONTACT INFORMATION:

Michelle Knibb

FIRST NATION LIAISON

P.O Box 10

Grouard, Alberta T0G1C0

Phone: 780-751-3714

E-mail:

michelleknibb@gmail.com

Jayden Gauchier

ADMIN. SUPPORT

P.O Box 10

Grouard, Alberta T0G1C0

Phone: 780-751-3714

Email:

kfnconsultation@gmail.com

SEPTEMBER 2019

We hope you are enjoying your summer as fall is approaching fast! Kapawe'no Consultation office has been busy working on on-going projects, meanwhile successfully hosted the 5th annual ICRCC Consultation-Traditional Knowledge-Environmental Camp at narrows. It was a very busy, fun, interactive week, luckily we caught the good weather! We had lots of participants from industry, Sawridge First Nation and Kapawe'no First Nation. Thank you to all the wonderful staff that made it all happen!

We'd also like to thank our youth employment staff, Raven Anderson for her help throughout the past few months. She started at the beginning of the July and filled the Youth Administrative Support role.



Please stop by the office if you are interested in providing feedback on proposed oil and gas developments, various government initiatives such as the Species at Risk (the current one is Grizzly Bear Management Plan), Bill 68 & 69 that addresses environmental assessments and Indigenous Rights required with proposed development .

We are reposting the Level 2 Administration Support. See job description for details.

We are interested in learning more about what traditional knowledge teachings our community would like to share, or if there is something you would like to see, please let us know.

AUGUST 21 STORM PHOTOS
Just a sample of the damage on the
Kapawe'no First Nation



RECIPES



PIZZA GRILLED CHEESE SANDWICH

2 tbsp butter
2 slices bread
1 tbsp and 2 tsp pizza sauce
8 slices pepperoni, divided
1 tbsp finely grated parmesan
1 fresh basil leaf
Crushed red pepper flakes

Heat broiler. Assemble sandwich: spread butter on the outside of two slices of bread. Spread 2 tbsp pizza sauce on the inside of bread, top one slice with $\frac{3}{4}$ cup mozzarella cheese and 5 slices of pepperoni, basil and parmesan. Top with slice of bread buttered side up. In large skillet, over medium heat, cook sandwich until crispy, 5 minutes per side. Spread remaining 2 tsp pizza sauce on top of sandwich, then top with remaining $\frac{1}{4}$ cup mozzarella and remaining three pepperoni slices. Broil until cheese is melty and golden and pepperoni is crispy, 2 minutes. Garnish with red pep-



PIZZA SOUP

1 tbsp olive oil
1 lg onion, chopped
2 red or green peppers, chopped
Salt
8 oz sliced mushrooms
2 garlic cloves, minced
2 tbsp tomato past
1 c chopped pepperoni
1 tbsp Italian seasoning
1 tsp crushed red pepper flakes
28 oz can crushed tomatoes
4 c chicken broth
 $\frac{1}{2}$ c heavy cream
1 crusty baguette
2 c shredded mozzarella
Chopped parsley for garnish

Heat oil over medium heat in a dutch oven or soup pot. Add onions, peppers and salt. Cook 3 minutes or until slightly tender and golden. Add mushrooms and cook 8 minutes or until browned and juices have evaporated. Add garlic and tomato paste and cook 1 minute. Add chopped pepperoni and stir until combined. Add Italian seasoning, pepper flakes, crushed tomatoes and broth and simmer 20 minutes. Remove from heat and add heavy cream. Heat broiler. Top pot with bread and sprinkle with mozzarella. Place whole pepperoni slices on top and transfer to oven until cheese is melty and golden. Garnish with parsley and serve.

RECIPES



MASON JAR OMELETTE

4 lg eggs
2/3 c shredded cheddar
1/2 onion, finely chopped
1/2 cup ham, diced
1 red pepper, chopped
Salt
Pepper
1 tbsp chopped chives

Grease two 16 oz Mason jars with cooking spray. Crack two eggs into each jar. Divide cheese, onion, ham, pepper between the two jars and season with salt & pepper. Place lids on jars and shake until eggs are scrambled and ingredients are combined. Remove lids and place in the microwave. Microwave on high for 2 minutes checking every 30 seconds. Garnish with chives and serve.



BAKED DENVER OMELETTE

This baked Denver omelette is stuffed with bits of pepper, onion and ham. It's ready in about 30 minutes and requires just 5 minutes of prep.

1/2 cup chopped red pepper
1/2 cup chopped green pepper
1/3 cup chop onion
2 tsp olive oil
1 c chopped cooked ham
8 lg eggs
1/3 c milk
Salt and pepper
1/2 cup shredded cheddar cheese
Chopped chives for garnish

Preheat oven to 400F. Spray a 7 X 11 or 9 X 9 baking dish with cooking spray. Sprinkle ham evenly on bottom of dish. Heat oil in a skillet over medium heat. Add peppers and onion and cook 4 minutes or until softened. Pour over ham and sprinkle evenly with cheese. Whisk eggs and milk together until well blended. Season with salt and pepper and pour over mixture in baking dish. Bake 22-25 minutes until puffy and set. Cut and serve.

Garnish with chives or choice of garnish

Note: if you choose to add bacon or sausage to this omelet instead of ham, you'll need to cook and crumble the meat before adding to the baking dish.

RECIPES



BAKED WESTERN OMELETTE

Like a crustless quiche, this baked western omelette or Denver omelet is a healthy and easy way to serve eggs.

8 eggs
1 c milk
1/2 tsp seasoning salt
3/4 c diced cooked ham
1/2 c shredded cheddar cheese
1/2 c finely chopped onion
1/2 c finely chopped green pepper
1/2 cup finely chopped red pepper
Chopped chives for garnish

Whisk eggs, milk, salt in large bowl. Stir in ham, cheese, onion and peppers. Pour egg mixture into greased 8" baking dish. Bake 350F for 45 minutes—1 hour or until eggs are cooked and omelette is set. Cut into squares and garnish with chives.

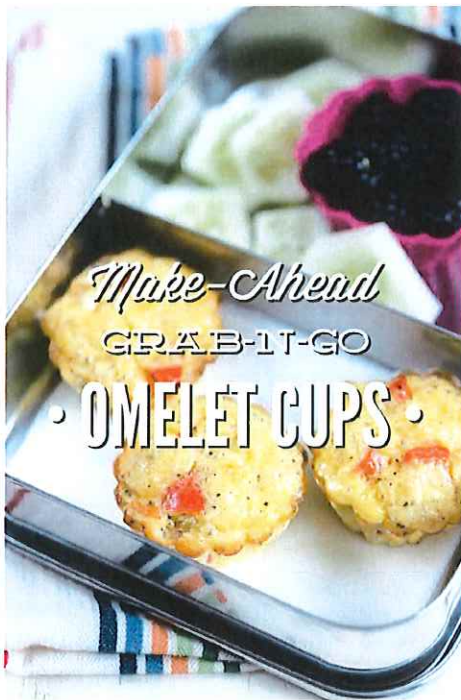
DENVER OMELETTE SANDWICH

6 eggs
2 tbsp water or milk
1 1/2 tbsp butter
1 c cured ham, diced
1/2 c pepper, diced
3/4 c red onion, diced
3/4 c mushrooms, diced
8 slices cheese of choice
8 slices bread

Preheat oven to 425F and place rack in the middle. While oven heats, whip eggs and water together in a bowl with high walls and set aside. Dice ham and veggies. Butter bread on both sides and arrange on baking sheet. When the oven's ready, put the bread in and toast 10 minutes or until toasty. Flip halfway through but watch closely. Heat butter on medium heat in skillet. Add ham and peppers and saute about 2 minutes. Add onions and mushrooms and saute 5 minutes. Pour in beaten eggs and move them around with a spatula or wooden spoon so they don't stick to the pan. After 2 or 3 minutes add 4 slices of cheese and reduce heat to medium low. Push the eggs to the centre of the pan and wait for them to finish cooking so there is no more liquid. At this point avoid moving them around too much as want to keep them formed together so they aren't too crumbly. Turn on broiler. Remove 4 slices of bread and top with a slice of cheese. Place in the oven and broil 1 minutes or until cheese melts. Do not walk away from the oven. Stay put so you don't ruin this. When the cheese is melted, top with the reserved slices of bread and you're ready to eat.



RECIPES



GRAB-N-GO OMELETTE CUPS

- 1 tbsp olive oil
- 2 bacon slices, chopped
- 1/2 cup dices green onions
- 1 1/2 c diced peppers, red, green or yellow
- 2 c baby spinach
- 9 eggs
- 1/4 c whole milk
- 1 1/4 c shredded cheddar cheese
- 1 tsp salt
- 1/4 tsp pepper

Preheat oven to 350F. Line a muffin tin with muffin liners. (peel wrapper before storing the cups in fridge or freezer. Over medium heat in a large skillet, heat olive oil. Add chopped bacon, onions and peppers. Saute the mixture for 10 minutes until soft and bacon starts to brown on tips. Add spinach and cook for 1-2 minutes stirring until spinach is wilted. Drain fat if lots in pan. In medium bowl, add eggs and milk. Whisk in cheese, salt and pepper. Spoon 1 tbsp into each muffin cup. Pour egg mixture over the top of filling. Bake for 20 minutes until eggs are firm and tops spring back when touched.



BAKED HAM AND CHEESE OMELETTE

This baked ham and cheese omelette is healthy and great recipe for prep ahead for entire family

- 8 eggs
- 1 c milk
- 1/2 tsp seasoned salt
- 8 oz diced ham, bacon or sausage
- 1 c shredded cheddar cheese
- 3 tbsp finely chopped onion
- Fresh chopped chives for garnish

Beat eggs, milk and salt together in a lg bowl. Stir in ham, cheese and onion. Pour egg mixture into 8" greased baking dish. Bake 350F for 40-45 minutes, or until eggs are cooked and omelette is set. Cut into squares and garnish with chives, if desired.

ATTENTION ALL:

KAPAWE'NO FIRST NATION RESIDENTS

&

KAPAWE'NO FIRST NATION STAFF

ANYONE INTERESTED PLEASE HAVE YOUR

\$20.00 SUBMITTED TO THE BAND OFFICE BY:

Monday September 16th, 2019

Shopping will be done and food distributed on:

Wednesday September 18th, 2019

FOR ANY MORE INFORMATION PLEASE CONTACT

GAETANNE @ 780-751-3800 or ANITA @ 751-2284

Please note: Groceries will have to be picked up 3:30 TO

4:15. Please bring marked boxes or bags **before**

Wednesday.



Community Wellness Sept

Sun Mon Tue Wed Thu Fri Sat

1				4	5	6 Youth Night/ Golfing / please be at health center by 4:30 sign up with Anita by sept 4th.	7 Elders Radio Bingo Bash
8	9	10	11 72 hour evacuation plan / With Winston @ 5:30 supper/workshop	12	13	14	
15	16 Good food box Deadline	17	18 Good food box At 4:00 pm	19 Youth Group/ Flute making with Chris	20	21	
22	23	24 Family Night/ Baking cookies 7:00 pm band hall	25	26	27	28	
29	30						

Family Night

Paint with Amanda

The first 20 people signed up will be able to partake in painting your family name. One board per family, but will have small painting projects for the kids. If we don't have 20 families we may not be able to move on with the project

Date: October 15th, 2019

Time: 7:00 pm

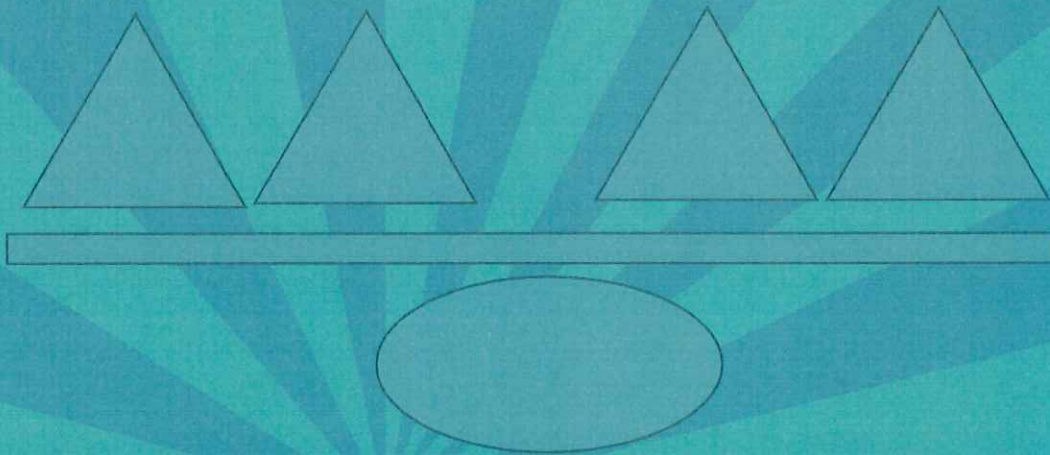
Place: Band hall

Please sign up with Anita at 780-751-2284 before September 30, 2019

This is a example of the project



KAPAWE'NO RESTORATIVE JUSTICE MEETING



September 19, 2019
Kapawe'no Board room
12:00-3:00 pm

join us for light lunch

September 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2 <i>Labor Day</i>	3	4 <i>Wake Kenneth Anderson</i>	5 <i>Funeral Kenneth Anderson</i>	6 <i>Youth Night/Golfing Wake Valerie Chalifoux-Helle</i>	7 <i>Elders Radio Bingo Funeral Valerie Chalifoux-Helle</i>
8	9 <i>Hall Booked 7-8</i>	10 <i>Education Attendance Awards 5:00</i>	11 <i>72 Hour Emergency Evacuation Workshop</i>	12	13	14
15	16 <i>Hall Booked 7-8 Good Food Box Deadline</i>	17	18 <i>Good Food Box Pickup 4:00 in the hall</i>	19 <i>Youth Group</i>	20	21
22	23 <i>Hall Booked 7-8</i>	24 <i>Family Night</i>	25	26	27	28
29	30 <i>Hall Booked 7-8</i>					